Human Ghrelin
ELISA Kit

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For any questions regarding troubleshooting or performing the assay, please contact our support team at support@assaypro.com.

Thank you for choosing Assaypro.

Assay Summary

Step 1. Add 50 µl of Standard or Sample per well.
Incubate 2 hours.

Step 2. Wash, then add 50 µl of Biotinylated Antibody per well.
Incubate 1 hour.

Step 3. Wash, then add 50 µl of SP Conjugate per well.
Incubate 30 minutes.

Step 4. Wash, then add 50 µl of Chromogen Substrate per well.
Incubate 30 minutes.

Step 5. Add 50 µl of Stop Solution per well.
Read at 450 nm immediately.

Symbol Key

Consult instructions for use.

Assay Template

	A	B	C	D	E	F	G	H
1								
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AssayMax Human Ghrelin ELISA Kit

Catalog No. EG3780-1

Sample protocol for reference use only

Introduction

Ghrelin, colloquially known as the "hunger hormone," is a peptide produced in the gastrointestinal tract (1, 2). It functions as a neuropeptide, regulating hunger and participating in the regulation of energy use and distribution. Higher levels of ghrelin contribute to the increase of appetite and metabolic function. Ghrelin suppression is related to weight loss and is a potential treatment of obesity via gastric bypass (3). Like other metabolically related hormones, ghrelin is released in a circadian fashion, suggesting that ghrelin levels can indicate interruptions in circadian rhythm (4). Elevated ghrelin levels have been observed in eating disorders and cachexia associated with chronic heart failure, liver cirrhosis, and cancer (1, 5). The administration of synthetic ghrelin is being investigated as a potential treatment for cachexia and hemodialysis patients (6, 7). In animal models, ghrelin has been shown to suppress seizures, and it may also be useful in treating gastroparesis (8, 9).

Principle of the Assay

The AssayMax Human Ghrelin ELISA (Enzyme-Linked Immunosorbent Assay) kit is designed for detection of human ghrelin in **plasma, serum and cell culture samples**. This assay employs a quantitative **sandwich enzyme immunoassay** technique, which measures ghrelin in 4 hours. A polyclonal antibody specific for ghrelin has been pre-coated onto a 96-well microplate with removable strips. Ghrelin in standards and samples is sandwiched by the immobilized antibody and biotinylated polyclonal antibody specific for ghrelin, which is recognized by a streptavidin-peroxidase conjugate. All unbound material is washed away and a peroxidase enzyme substrate is added. The color development is stopped and the intensity of the color is measured.

Caution and Warning

- Prepare all reagents (working diluent buffer, wash buffer, standard, biotinylated antibody, and SP conjugate) as instructed, prior to running the assay.
- Prepare all samples prior to running the assay. The dilution factors for the samples are suggested in this protocol. However, the user should determine the optimal dilution factor.

- Spin down the SP conjugate vial and the biotinylated antibody vial before opening and using contents.
- The Stop Solution is an acidic solution.
- This kit is for research use only.
- The kit should not be used beyond the expiration date.

Reagents

- **Human Ghrelin Microplate:** A 96 well polystyrene microplate (12 strips of 8 wells) coated with a polyclonal antibody against human ghrelin.
- **Sealing Tapes:** Each kit contains 3 precut, pressure sensitive sealing tapes that can be cut to fit the format of the individual assay.
- **Human Ghrelin Standard:** Human ghrelin in a buffered protein base (12.8 ng, lyophilized).
- **Biotinylated Human Ghrelin Antibody (50x):** A 50-fold biotinylated polyclonal antibody against ghrelin (120 µl).
- **EIA Diluent Concentrate (10x)**: A 10-fold concentrated buffered protein base (20 ml).
- **Wash Buffer Concentrate (20x)**: A 20-fold concentrated buffered surfactant (30 ml, 2 bottles).
- **Streptavidin-Peroxidase Conjugate (SP Conjugate):** A 100-fold concentrate (80 µl).
- **Chromogen Substrate**: A ready-to-use stabilized peroxidase chromogen substrate tetramethylbenzidine (8 ml).
- **Stop Solution**: A 0.5 N hydrochloric acid to stop the chromogen substrate reaction (12 ml).

Storage Condition

- Upon arrival, immediately store components of the kit at recommended temperatures up to the expiration date.
- Store SP Conjugate and Biotinylated Antibody at -20°C.
- Store Microplate, Diluent Concentrate (10x), Wash Buffer, Stop Solution, and Chromogen Substrate at 2-8°C.
- Unused microplate wells may be returned to the foil pouch with the desiccant packs and resealed. May be stored for up to 30 days in a vacuum desiccator.
- Diluent (1x) may be stored for up to 30 days at 2-8°C.
- Store Standard at 2-8°C before reconstituting with Diluent, and at -20°C after reconstituting with Diluent.

Other Supplies Required

- Microplate reader capable of measuring absorbance at 450 nm.

- Pipettes (1-20 μl, 20-200 μl, 200-1000 μl, and multiple channel).
- Deionized or distilled reagent grade water.

Sample Collection, Preparation, and Storage

- **Plasma:** Collect plasma using one-tenth volume of 0.1 M sodium citrate as an anticoagulant. Samples collection and processing should be performed as quickly as possible. Keep on ice when not in use. It is recommended that protease inhibitor cocktail is added to samples; for example: o-phenanthroline 0.44 mM, EDTA 25 mM, p-hydroxy-mercuribenzoic acid 1mM and pepstatin A 0.12 mM. The user may need to optimize concentration of above reagents. Centrifuge samples at 3000 x *g* for 10 minutes and assay. The undiluted samples can be stored at -20°C or below for up to 3 months. Avoid repeated freeze-thaw cycles (EDTA or Heparin can also be used as an anticoagulant).
- **Serum:** Samples should be collected into a serum separator tube. Samples collection and processing should be performed as quickly as possible. Keep on ice when not in use. It is recommended that protease inhibitor cocktail is added to samples; for example: o-phenanthroline 0.44 mM, EDTA 25 mM, p-hydroxy-mercuribenzoic acid 1mM and pepstatin A 0.12 mM. The user may need to optimize concentration of above reagents. After clot formation, centrifuge samples at 3000 x *g* for 10 minutes, remove serum and assay. The undiluted samples can be stored at -20°C or below for up to 3 months. Avoid repeated freeze-thaw cycles.
- **Cell Culture Supernatants:** Centrifuge cell culture media at 3000 x *g* for 10 minutes to remove debris, collect supernatants and assay. The undiluted samples can be stored at -20°C or below. Avoid repeated freeze-thaw cycles.

Reagent Preparation

- Freshly dilute all reagents and bring all reagents to room temperature before use.
- **EIA Diluent Concentrate (10x)**: If crystals have formed in the concentrate, mix gently until the crystals have completely dissolved. Dilute the EIA Diluent Concentrate 1:10 with reagent grade water. Store for up to 30 days at 2-8°C.
- **Human Ghrelin Standard:** Reconstitute the 12.8 ng of Human Ghrelin Standard with 0.8 ml of EIA Diluent to generate a 16 ng/ml standard stock solution. Allow the standard to sit for 10 minutes with gentle agitation prior to making dilutions. **Aliquot standard to limit repeated freezing and thawing.** Prepare duplicate or triplicate standard points by serially diluting the standard stock solution (16 ng/ml) twofold with equal volume of EIA Diluent to produce 8, 4, 2, 1, 0.5, and 0.25 ng/ml solutions.

EIA Diluent serves as the zero standard (0 ng/ml). Any remaining solution should be frozen at -20°C and use within 10 days.

Standard Point	Dilution	[Ghrelin] (ng/ml)
P1	1 part Standard (16 ng/ml)	16.0
P2	1 part P1 + 1 part EIA Diluent	8.00
P3	1 part P2 + 1 part EIA Diluent	4.00
P4	1 part P3 + 1 part EIA Diluent	2.00
P5	1 part P4 + 1 part EIA Diluent	1.00
P6	1 part P5 + 1 part EIA Diluent	0.50
P7	1 part P6 + 1 part EIA Diluent	0.25
P8	EIA Diluent	0.00

- **Biotinylated Human Ghrelin Antibody (50x):** Spin down the antibody briefly and dilute the desired amount of the antibody 1:50 with EIA Diluent. Any remaining solution should be frozen at -20°C.
- **Wash Buffer Concentrate (20x):** If crystals have formed in the concentrate, mix gently until the crystals have completely dissolved. Dilute the Wash Buffer Concentrate 1:20 with reagent grade water.
- **SP Conjugate (100x):** Spin down the SP Conjugate briefly and dilute the desired amount of the conjugate 1:100 with EIA Diluent. Any remaining solution should be frozen at -20°C.

Assay Procedure

- Prepare all reagents, standard solutions, and samples as instructed. Bring all reagents to room temperature before use. The assay is performed at room temperature (20-25°C).
- Remove excess microplate strips from the plate frame and return them immediately to the foil pouch with desiccants inside. Reseal the pouch securely to minimize exposure to water vapor and store in a vacuum desiccator.
- Add 50 µl of Human Ghrelin Standard or sample per well. Cover wells with a sealing tape and incubate for 2 hours. Start the timer after the last addition.
- Wash five times with 200 µl of Wash Buffer manually. Invert the plate each time and decant the contents; hit 4-5 times on absorbent material to completely remove the liquid. If using a machine, wash six times with 300 µl of Wash Buffer and then invert the plate, decanting the contents; hit 4-5 times on absorbent material to completely remove the liquid.
- Add 50 µl of Biotinylated Human Ghrelin Antibody to each well and incubate for 1 hour.
- Wash the microplate as described above.

- Add 50 μl of Streptavidin-Peroxidase Conjugate per well and incubate for 30 minutes. Turn on the microplate reader and set up the program in advance**.**
- Wash the microplate as described above.
- Add 50 μl of Chromogen Substrate per well and incubate for 30 minutes or till the optimal color density develops. Gently tap the plate to ensure thorough mixing and break the bubbles in the well with pipette tip.
- Add 50 μl of Stop Solution to each well. The color will change from blue to yellow.
- Read the absorbance on a microplate reader at a wavelength of 450 nm immediately. If wavelength correction is available, subtract readings at 570 nm from those at 450 nm to correct optical imperfections. Otherwise, read the plate at 450 nm only. Please note that some unstable black particles may be generated at high concentration points after stopping the reaction for about 10 minutes, which will reduce the readings.

Data Analysis

- Calculate the mean value of the duplicate or triplicate readings for each standard and sample.
- To generate a standard curve, plot the graph using the standard concentrations on the x-axis and the corresponding mean 450 nm absorbance on the y-axis. The best-fit line can be determined by regression analysis using four-parameter or log-log logistic curve-fit.
- Determine the unknown sample concentration from the Standard Curve and multiply the value by the dilution factor.

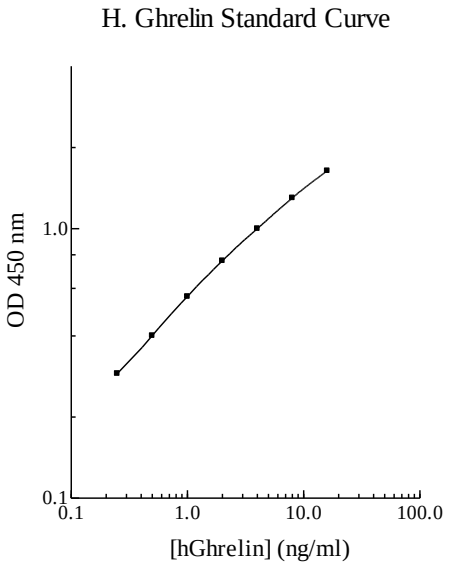
Typical Data

- The typical data is provided for reference only. Individual laboratory means may vary from the values listed. Variations between laboratories may be caused by technique differences.

Standard Point	ng/ml	OD	Average OD
P1	16.0	1.672 1.615	1.643
P2	8.00	1.280 1.233	1.256
P3	4.00	0.897 0.923	0.910
P4	2.00	0.755 0.765	0.760
P5	1.00	0.568 0.555	0.562
P6	0.50	0.400 0.402	0.401
P7	0.25	0.309 0.290	0.299
P8	0.00	0.101 0.107	0.104
Sample: Normal, Sodium Citrate Plasma (1x)		0.375 0.369	0.372

Standard Curve

- The curve is provided for illustration only. A standard curve should be generated each time the assay is performed.



Reference Value

- Normal human ghrelin plasma levels range from 200 to 1300 pg/ml.
- Human plasma and serum samples from healthy adults were tested (n=30). On average, ghrelin level was 429 pg/ml.

Performance Characteristics

- The minimum detectable dose of ghrelin as calculated by 2SD from the mean of a zero standard was established to be 0.1 ng/ml.
- Intra-assay precision was determined by testing replicates of three plasma samples in one assay.
- Inter-assay precision was determined by testing three plasma samples in twenty assays.

	Intra-Assay Precision			**Inter-Assay Precision**		
Sample	1	2	3	1	2	3
n	20	20	20	20	20	20
CV (%)	3.5%	3.6%	3.8%	8.7%	7.5%	7.6%
Average CV (%)	3.6%			7.9%		

Recovery

Standard Added Value	0.5 – 5 ng/ml
Recovery %	89 – 110%
Average Recovery %	96%

Linearity

- Plasma and serum samples were serially-diluted to test for linearity.

Average Percentage of Expected Value (%)		
Sample Dilution	Plasma	Serum
No Dilution	94%	91%
1:2	98%	99%
1:4	103%	107%

Cross-Reactivity

Species	Cross Reactivity (%)
Canine	None
Monkey	>50%
Mouse	>50%
Rat	>50%
Swine	>90%
Rabbit	None
Bovine	None
Human	100%

Troubleshooting

Issue	Causes	Course of Action
Low Precision	Use of expired components	• Check the expiration date listed before use. • Do not interchange components from different lots.
	Improper wash step	• Check that the correct wash buffer is being used. • Check that all wells are dry after aspiration. • Check that the microplate washer is dispensing properly. • If washing by pipette, check for proper pipetting technique.
	Splashing of reagents while loading wells	• Pipette properly in a controlled and careful manner.
	Inconsistent volumes loaded into wells	• Pipette properly in a controlled and careful manner. • Check pipette calibration. • Check pipette for proper performance.
	Insufficient mixing of reagent dilutions	• Thoroughly agitate the lyophilized components after reconstitution. • Thoroughly mix dilutions.
	Improperly sealed microplate	• Check the microplate pouch for proper sealing. • Check that the microplate pouch has no punctures. • Check that three desiccants are inside the microplate pouch prior to sealing.
Unexpectedly Low or High Signal Intensity	Microplate was left unattended between steps	• Each step of the procedure should be performed uninterrupted.
	Omission of step	• Consult the provided procedure for complete list of steps.
	Steps performed in incorrect order	• Consult the provided procedure for the correct order.
	Insufficient amount of reagents added to wells	• Check pipette calibration. • Check pipette for proper performance.
	Wash step was skipped	• Consult the provided procedure for all wash steps.
	Improper wash buffer	• Check that the correct wash buffer is being used.
	Improper reagent preparation	• Consult reagent preparation section for the correct dilutions of all reagents.
	Insufficient or prolonged incubation periods	• Consult the provided procedure for correct incubation time.

Deficient Standard Curve Fit	Non-optimal sample dilution	• Sandwich ELISA: If samples generate OD values higher than the highest standard point (P1), dilute samples further and repeat the assay. • Competitive ELISA: If samples generate OD values lower than the highest standard point (P1), dilute samples further and repeat the assay. • User should determine the optimal dilution factor for samples.
	Contamination of reagents	• A new tip must be used for each addition of different samples or reagents during the assay procedure.
	Contents of wells evaporate	• Verify that the sealing film is firmly in place before placing the assay in the incubator or at room temperature.
	Improper pipetting	• Pipette properly in a controlled and careful manner. • Check pipette calibration. • Check pipette for proper performance.
	Insufficient mixing of reagent dilutions	• Thoroughly agitate the lyophilized components after reconstitution. • Thoroughly mix dilutions.

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